

Benefits Include:

Increased strength & flexibility
Improved balance & reduced falls
Improved weight & glucose control
Improved sleep & mood



Coming Soon!

Growing Stronger On the Westside

8-week fitness program with healthy snacks & strength training

Come to at least 12 meetings — get a free set of weights!

Begins September 27th!

Tuesdays & Thursdays at 1:00 p.m.

Start Any Tuesday — Register at 12:45 p.m.

Meets at North Central Community Action Agencies, Inc.

George & Madeline Smrt Center, 301 Grant St., Michigan City



**Indiana State
Department of Health**
Office of Women's Health



For Info Call Purdue Extension
at 219-324-9407





GROWING STRONGER

Strength
is a critical factor in living
healthier, more active lives!

Dr. Miriam Nelson, Tufts University
Growing Stronger Program



Get Results with just 60 minutes a week! Growing Stronger is a nationally-known fitness program for adults and it is coming to Michigan City's Westside! Residents, patients, clients, friends and neighbors are invited to join this 8-week program that meets on Tuesdays and Thursdays at 1:00 p.m. Meets at North Central Community Action Agencies, Inc. - George & Madeline Smart Center. Start any Tuesday. Registration is at 12:45 p.m. Must be 18 years or older.



Fit the program to your schedule! Can't make every session? Don't worry. Attend at-least 12 meetings between 9/27/2011 and 1/19/2012 and you will receive a personal set of weights for use at home! There are two sessions and a follow-up session.

Session 1: September 27th–November 3rd

Session 2: November 8th–December 15th

Follow-Up: January 10th–January 19th



No stinky gyms or heavy weights! Each week we will get together to do a series of strength training exercises using light weights. We use just 1–4 pound weights in your neighborhood community center! After the exercise, we will enjoy fellowship and a healthy snack. Your certified Growing Stronger leader is Allison Goshorn of Purdue Extension.



Get FREE Weights. Attend at-least 12 meetings between 9/27/2011 and 1/19/2012 and you will receive a personal set of weights for use at home!



Space is limited — register today!
219-324-9407 or tlogan@purdue.edu

Program is free and made possible by a grant from The IN State Department of Health, Office of Women's Health and these local partners.

Extension
Homemakers
of LaPorte
County

Family
Nutrition
Program

Healthy
Communities
of LaPorte
County



LaPorte
County Health
Department

North Central
Community
Action Agen-
cies, Inc.

Sand Castle
Shelter